

Temporal Awareness as Practice

Integrating Science, Contemplation, and Presence

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Organizational Wellness & Learning Systems

www.PresenceQuest.Life


Any serious approach or model of consciousness must consider...
in order to be considered worthy of scientific study.
QUEST FOR PRESENCE
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Any serious approach or model of consciousness must consider…

*the human **experience** of time and timelessness, transdisciplinary factors* that **influence** (and are **influenced** by) such experiences, and **methods for promoting time** as a source of well-being*

e.g., enviro-psycho-bio-social

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Presence Check-In # 1





1 2 3 4 5 6 7 8 9 10




Empathic
Resonance
Routines
Flow
Savoring
Group
Synchrony
Rhythm
Entrainment
Conversational
Timing
Momentousness


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Resonance
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Basic Quest for Presence Ideas

1. Transdisciplinary: Time is studied across philosophy, physics, sociology, psychology, and nearly every field of science and literature.

2. Common: Different versions/synonyms for time (e.g., past, schedule, week, etc.) are most used in the common language of many cultures.

3. Dogma: "Clock-time" (measured) has become the predominant view, though a small part of the universe for how time is used and perceived.

4. Problems: (Clock) time pressure, time imprisonment, acceleration, 24/7, high pace of life, and techno-philia related to mortality, stress, disease, destruction of natural resources (climate change), and more.



Recent large population studies/meta-analyses

1. People manage their time more for personal/life satisfaction than for efficiency/productivity (2021 meta-analysis; n = 56,000)
2. "Time pressure" is the most prevalent of almost 20 psychosocial stressor (43% of U.S. adults; 2024 National Survey; 60K households)
3. Flex-time is more important than flex-space (remote working) as predictor of well-being (2026; 89K workers; 116 studies)
4. Significant evidence points to human subjective and emotional experience of time (body time; chronobiology; insular time) is distinct from externally referenced clock-time

[1] Aeon, B., Faber, A., & Panaccio, A. (2021). Does time management work? A meta-analysis. *PLOS ONE, 16*(1), e0245066. https://doi.org/10.1371/journal.pone.0245066

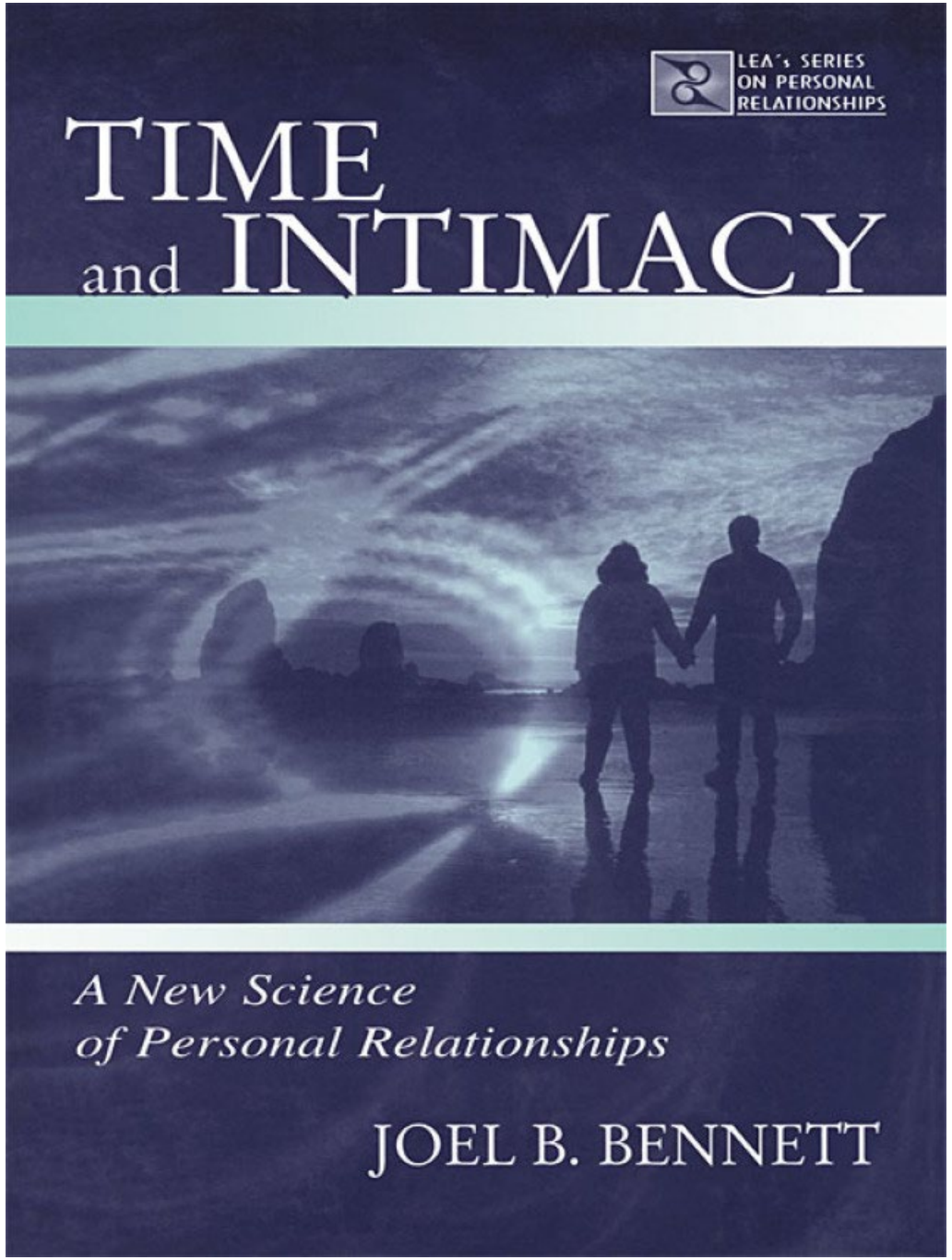
[2] Stephan-Recaido, S. C., Peckham, T. K., Hawkins, D., & Baker, M. G. (2024). Burden and social distribution of occupational psychosocial exposures in the United States workforce, 2022. *American Journal of Industrial Medicine, 67*(10), 888–900. https://doi.org/10.1002/ajim.23641

[3] Harrop, N., Jiang, L., & Overall, N. (2026). A meta-analysis of antecedents and outcomes of flexible working arrangements. *Journal of Organizational Behavior, 47*(2), 208–236. https://doi.org/10.1002/job.2896

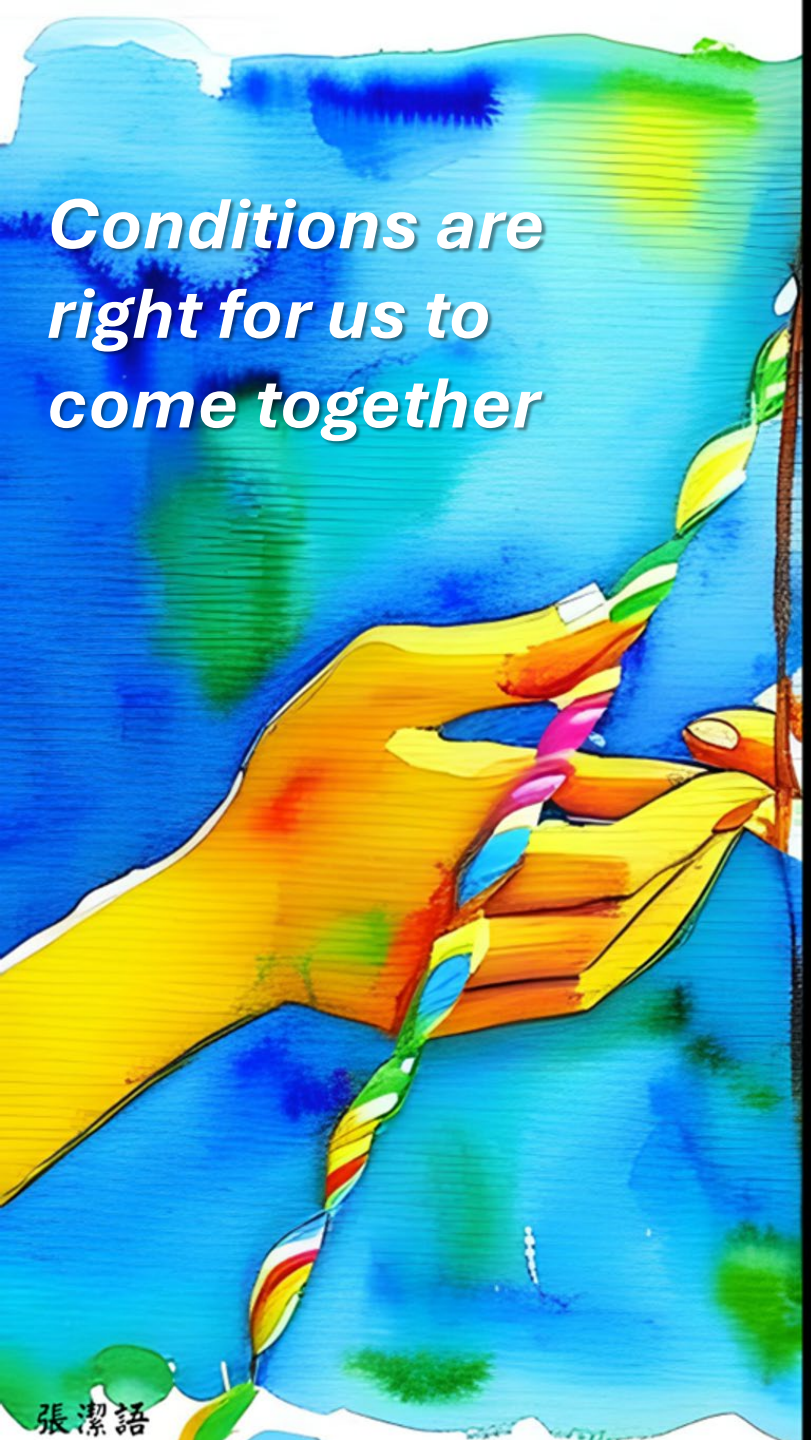




ORIGINS



1) Analyzed predominant theories and studies on time and the development of close personal relationships (e.g., romantic, marital)
2) Identified three **temporal contexts** that 'interact' for intimacy to emerge
    1) Interactions
    2) Situations
    3) Phases
3) These contexts are also governed by four principles or 'forces'
    1) Causality (Time Shaping)
    2) Chaos/Entropy
    3) Routines/Social Conventions (Form)
    4) The Temporal Context itself (Yuàn)



緣

(yuan)

The fated chance of things coming together, or destined opportunity of people meeting each other.

The base component of 緣 is 糸, meaning "thin string," which emphasizes how opportunities are weaved together by fate and destiny.

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Yuan (緣; simplified 缘) is a Chinese culture/Buddhist term often translated as ***conditions***, ***supporting conditions***, or circumstances. It points to the factors that help something happen—not necessarily a single, direct cause.

It closely relates to **dependent origination**: things arise from causes and conditions rather than existing independently. In the familiar Buddhist formula, "When this exists, that comes to be; with the arising of this, that arises." Yuan emphasizes the **contributing conditions** within that web (weave) of dependence.

Yuan has ontological status as much as causality, gravity, or entropy

Chang, C., & Holt, G. R. (1991). The concept of yuan and Chinese interpersonal relationships. In S. Ting-Toomey & F. Korzeny (Eds.), Cross-cultural interpersonal communication. Newbury Park, CA: Sage.

TEMPOGNOSIS™ | Toward a Psychocosmology of Whole Time | Joel B. Bennett, PhD, CWP

Visit us at www.presencequest.life (joel@presencequest.life)

ABSTRACT

- World-wide enculturation/domination of "clock-time" -- as a byproduct of Newtonian, Industrial, and Dialectic logics -- has wreaked havoc on the health and well-being of homo sapiens (e.g., time pressure, work addiction, fast-food, digitization of communication, Technophilia, incursion on the "Sabbath").
- A healthier ontology (Whole Time, Deep Time) can be articulated that promotes well-being and that draws from ancient wisdom, spiritual text, and post-modern physics, positive psychology, and trialectics.
- This ontology can inform experiential practice via art, poetry, self-assessment, contemplation, visualization, group work.

Quest for Presence Mandala



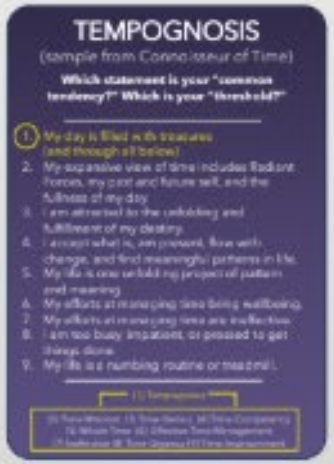
TEMPOGNOSIS

The process of having knowledge (gnosis) of time (temp) in our personal life and for nurturing the journey of our soul in this life. This process (1) awakens from the interface of **Radiant Forces** and **Soulful Capacities**, which manifests in the experience of **Treasures**; (2) is guided by our **Attractions** to our personal destiny; and (3) can be noticed in common, daily temporal **Trajectories**.

Each book comes with Assessments, Glossary, Research Notes, Personal Reflections, Contemplations, and Poems (Odes)

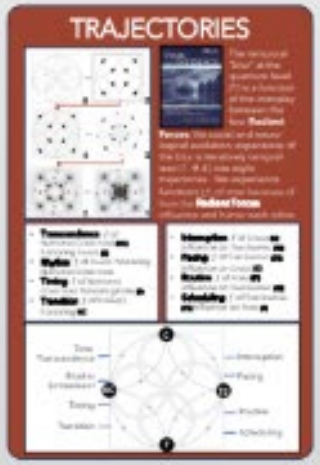


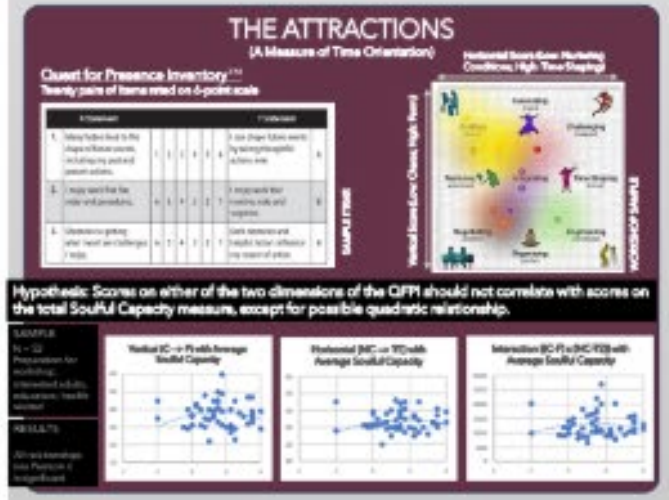
SAMPLE CONTEMPLATIONS, EXERCISES, MUDRAS, ODES

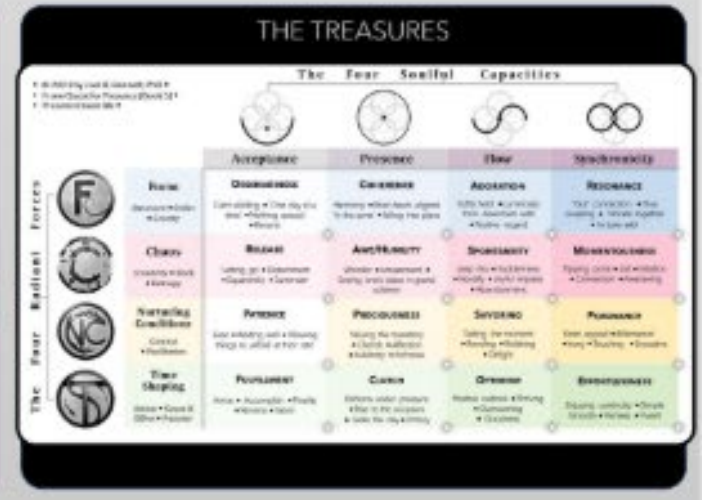


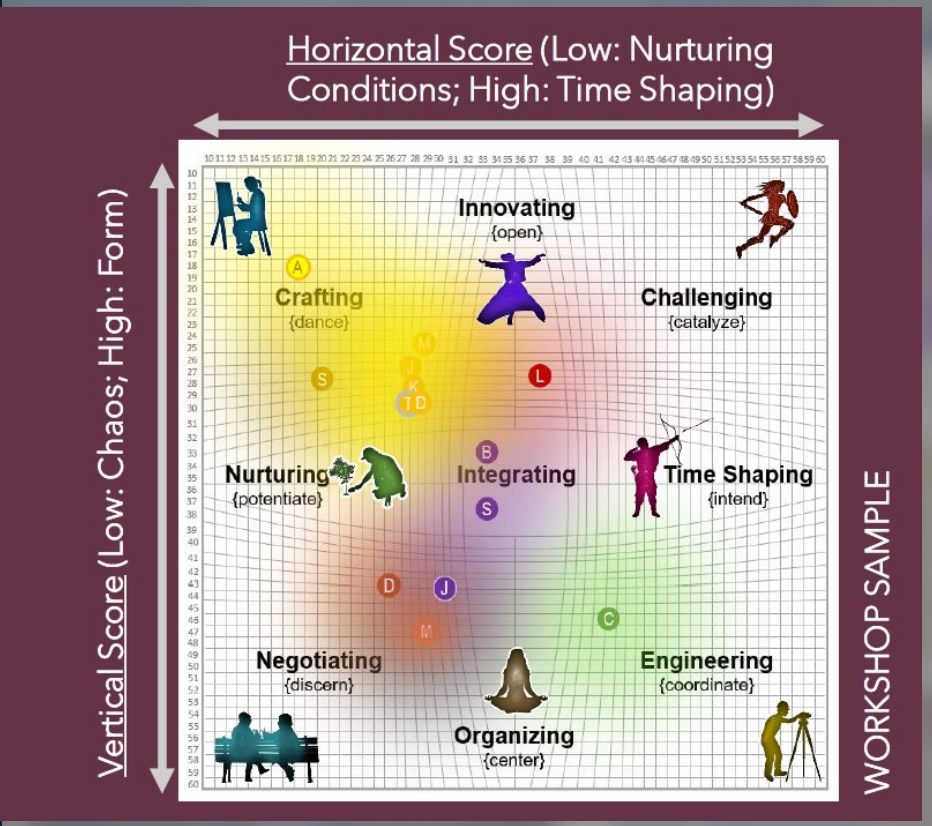


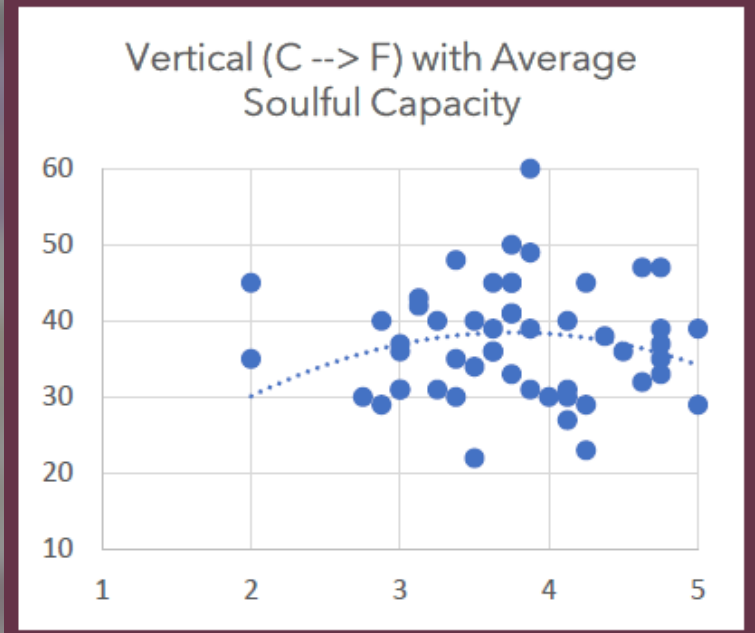


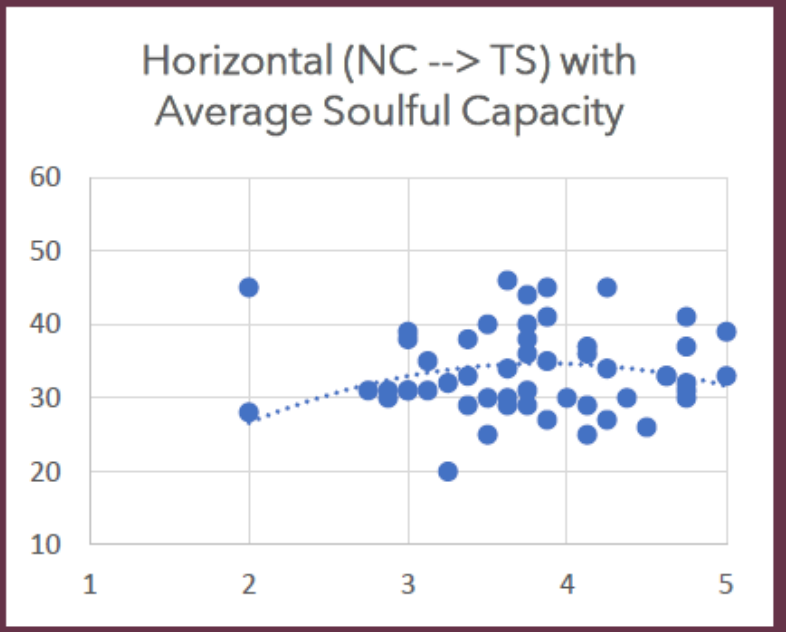







Horizontal Score (Low: Nurturing Conditions; High: Time Shaping)
Vertical Score (Low: Chaos; High: Form)
Innovating
{open}
Crafting
{dance}
Challenging
{catalyze}
Nurturing
{potentiate}
Integrating
Time Shaping
{intend}
Negotiating
{discern}
Engineering
{coordinate}
Organizing
{center}
WORKSHOP SAMPLE


Vertical (C --> F) with Average Soulful Capacity
60
50
40
30
20
10
1
2
3
4
5


Horizontal (NC --> TS) with Average Soulful Capacity
60
50
40
30
20
10
1
2
3
4
5

Improving Time Perspective through Daily Psychospiritual Journaling

An Exploratory Pre-Post Assessment

Catherine Normand

Organizational Wellness & Learning Systems | www.organizationalwellness.com

Background

Many adults experience stress due to poor time management (TM) skills or a healthy time perspective (TP; 1). The 2022 US Current Population Survey found time pressure was the leading psychosocial stressor amongst working adults (2). Daily mind-body practices, such as journaling, may help increase TP and TM skills (3). The current pilot study is based on two theories of healthy TP: Balanced TP (BTP) (4) and Presence Awareness as a transpersonal journey toward a healthy relationship with time (5). The current paper integrates these two models to formulate a psychospiritual intervention to improve TM and examine its dynamics in a first-of-its-kind pilot study.

Hypotheses/Question

(H1) Those completing a daily journaling activity (Day Crafting) would improve in TM and positive TP. (H2) Specific journaling patterns would predict improvement in TM and TP. (Q1) Will those completing the journal exercise have a different time orientation than dropouts?

Method

Sample

Participants were recruited through social media announcements with study information and an incentive to participate. Forty participants began the study, and twenty-two completed all steps (5 males, 17 females; age range: 20 to 80).

Measures

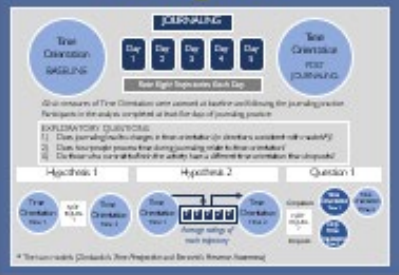
A brief pre-post 33-item survey included five subscales from the 17-item Zimbardo Time Perspective Inventory (ZTPI-(6): Present Hedonistic (PH), Present Fatalism (PF), Future Orientation (Fo), Past Negative (PN), Past Positive (PP) (7), and a measure designed to assess positive TM skills (8). Table 1 presents descriptive statistics (M, SD, alpha) for baseline measures.

Procedure

Journaling (Day Crafting): After completing an informed consent and baseline survey, participants were provided access with daily e-mail prompts to complete an online version of a daily self-reflection (Bennett, 2025) with items asking them to rate the presence or salience of eight temporal qualities: scheduling, routine, pacing, transcendence, interruption, rhythm, timing, and transition (1 "Not at all" to 7"Frequently") Participants also selected an affirmation and journaled their experience.

Data Analysis: Analysis contained two datasets: the pre-post survey and daily journaling entries. Paired-samples t-tests examined pre-post change in all measures (H1). Pearson correlations examined associations between journaling (i.e., mean scores, rhythm, timing, etc.) and post-intervention measures (H2).

Guiding Model



Instrumentation

Time Measures/Sample Items (1=Strongly Disagree to 5=Strongly Agree)

Time Management	I never have enough time to do what I want. (3 items)
Future	Meeting tomorrow's deadlines and doing other necessary work come before tonight's play. (4 items)
Past Negative	I've taken my share of abuse and rejection in the past. (4 items)
Past Hedonistic	I find myself getting swept up in the excitement of the moment. (3 items)
Present Fatalism	It doesn't make sense to worry about the future since there is nothing that I can do about it anyway. (3 items)
Past Positive	Happy memories of good times spring readily to mind. (3 items)

Trajectories (Daily Noticing) (1=Not at All to 7=Frequently)

Scheduling	I spent time prioritizing; I planned, worked with the calendar, and was able to do things that needed getting done.
Timing	Key activities happened at the right time: work, play, communications, meetings, meals, travel, waking, sleeping, resting.
Pacing	My day had a relatively even or steady pace within events; things were well-paced from event to event.
RhyDim	My day had a natural rhythm for myself (wake, work, rest), with others, or with nature things just felt synchronized.
TransDim	Some phase (in a project, work, relationship, family, my identity) in my life is either ending, beginning, or changing.
RouDim	I did the same routines as usual, experienced regularity or daily rituals, and kept events in order.
TranscendSense	I paused or took time outside of time where I was not caught up in anything. I connected, relaxed, let things unfold.
InterrupDim	My day was filled with challenges, interruptions, or unforeseen events that took up time in ways I had not planned.

	Time Management	Future	Past Negative	Past Hedonistic	Present Fatalism	Past Positive	Mean (SD)	Alpha
Time Management		.26**	-.39*	-.41**	-0.28	-.07	3.33 (.87)	.83
Future			-.34*	-.35*	-0.23	-.15	3.58 (.81)	.83
Past Negative				.25	.33*	-.05	2.75 (.91)	.81
Past Hedonistic					.11	.30	3.06 (.74)	.63
Present Fatalism						-.19	2.53 (.68)	.24
Past Positive							3.83 (.82)	.68

*p < .05; **p < .01

	Scheduling	TransDim	Timing	RhyDim	TranscendSense	InterrupDim	Pacing	Mean (SD)
RouDim	.56**	.30	.55**	.57**	.36	.31	.38	3.75 (.60)
Scheduling		.27	.61**	.67**	.53*	.04	.77**	3.00 (.55)
TransDim			.23	.12	.52*	.03	.31	3.75 (.72)
Timing				.72**	.54**	-.03	.71**	3.96 (.52)
RhyDim					.46*	-.3	.71**	3.89 (.45)
TranscendSense						-.2	.62**	3.72 (.64)
InterrupDim							-.42*	3.07 (.72)
Pacing								3.90 (.68)

*p < .05; **p < .01

Results

Table 1. Pre to Post Changes

Measure	Pre-Mean (SD)	Post-Mean (SD)	T-value	P-value
Time Management	3.55 (.64)	3.63 (.70)	-.30	.76
Future	3.80 (.64)	3.84 (.47)	-.48	.32
Past Negative	2.74 (.88)	2.63 (.80)	1.67	.05
Past Hedonistic	3.00 (.74)	3.14 (.74)	-1.45	.08
Present Fatalism	2.49 (.61)	2.54 (.68)	-.179	.04
Past Positive	3.81 (.88)	3.83 (.85)	-.32	.38

Table 3. Predicting Commitment to Full Participation

Measure	Number of Items	3Dayers Pre-Mean (SD)	Dropouts Pre-Mean (SD)	Significance
Time Management	3	3.55 (.64)	2.98 (1.1)	F= 4.4 (.04) sig
Future	4	3.80 (.64)	3.26 (.95)	
Past Negative	4	2.74 (.80)	2.77 (1.1)	F= .06 (.93)
Past Hedonistic	3	3.00 (.74)	3.15 (.75)	F= .37 (.55)
Present Fatalism	3	2.49 (.61)	2.59 (.79)	F= .19 (.66)
Past Positive	3	3.81 (.88)	3.88 (.73)	F= .07 (.80)

Results

Table 2. Trajectory Ratings Outcomes

TrajecSeries	Mean (SD)	Correlation with Time Management Pre	Correlation with Time Management Post	Correlation with Past Negative Pre	Correlation with Past Negative Post
Scheduling	3.00	.39	.49*	-.06	-.09
Timing	3.96	.45*	.47*	-.42*	-.40
Pacing	3.90	.25	.07	-.13	-.07
RhyDim	3.89	.45*	.53*	-.29	-.31
TransDim	2.75	.26	.05	.15	.11
RouDim	3.75	.41	.61**	-.27	-.45*
TranscendSense	3.72	-.13	-.04	.06	.08
InterrupDim	3.07	.12	.26	.20	.26

Discussion

- Day Crafting appears to reduce Negative Past (ruminations), improve Present Fatalism (things are as they are; no need to worry), and improves a sense of Rhythm and Timing.
- Participants who reported greater awareness of Timing, Rhythm, Scheduling, and Routine during the five-day journaling exercise also reported higher time management, suggesting these temporal awareness patterns may support effective daily functioning.
- Individuals appeared to show unique patterns in how they experienced these temporal qualities, suggesting that personal rhythms of scheduling, pacing, and timing may play a role in well-being and time use.
- Journaling may help individuals become more aware of daily rhythms and timing, which could support improved time management and a healthier relationship with time.

Journaling Exercise (Detail)

STEP 1

STEP 1) Review/Your Past Day (can complete at the beginning or end of your day)



STEP 2

STEP 2) Bring Peace, Playfulness, and Learning as the Quality. Review the person of responses above. Notice if any were different than (was more or less frequent) than others. On which area can you intuitively feel play with or learn from in the coming day? In the table below, select one area you need to enhance more, deepen your understanding of or use to have more enjoyment of your happening life.



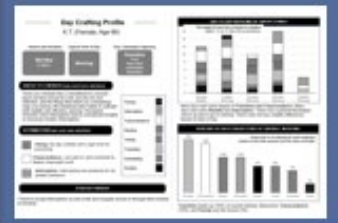
STEP 3



STEP 4

STEP 4) Return to Step 1 for the Following Day Over time, notice if you repeat the same affirmation or more from one affirmation to another. Do you need to practice more assignments, processes, flow or adjustment to opportunities in your life? Share your affirmations and pattern of responses with others, and talk about your favorite affirmation. What are your challenges/ insights? Discomfort

Sample Profile



REFERENCES (1) Moore, J. et al. (2023). An examination of multidimensional time perspective and mental health outcomes. International Journal of Environmental Research and Public Health, 20(6), 4688. (2) Stephen Rogers, C., et al. (2024). Time pressure as a psychosocial stressor among working adults: Evidence from the U.S. Current Population Survey. Journal of Occupational Health Psychology. (3) Smyth, J.M., et al. (2018). Everyday stress response targets in the science of behavior change. Behavior Research and Therapy, 102, 29–39. (4) Zimbardo, P. G., & Boyd, J. N. (1999). Putting time in perspective: A valid, reliable individual-differences metric. Journal of Personality and Social Psychology, 77(6), 1271–1288. (5) Normand, T. (2025). Presence awareness as a transpersonal journey toward a healthy relationship with time. Journal of Transpersonal Psychology. (6) Drake, G., Conde, E., Andreasen, C. G., Griffiths, M. D., & Demetrovics, Z. (2015). Analyzing models of work-family balance: The role of time perspective. Personality and Individual Differences, 82, 87–93. (7) Drake, G., Zimbardo, P. G., & Boyd, J. N. (2014). On the relationship between time perspective and well-being: A review of the balanced time perspective concept. Personality and Individual Differences, 71, 7–16. (8) Adams, G. A., & Jex, S. M. (1999). Development of a short form of the Time Management Behavior Scale. Journal of Educational and Psychological Measurement, 59(2), 340–353.

Journaling Exercise (Detail)

STEP 1

STEP 1) Review Your Past Day (best completed at the beginning or end of your day)

In the past day, the Quality of ____ was salient, noticeable, or pronounced.	Not at all	Some times	Often	Frequently
Routine | for example, I did the same routines as usual, experienced regularity or daily rituals, and kept events in order.	☐	☐	☐	☐
Scheduling | for example, I spent time prioritizing; I planned, worked with the calendar, and was so able to do things that needed getting done.	☐	☐	☐	☐
Transition | for example, some phase (in a project, work, relationship, family, my identity) in my life is either ending, beginning, or changing.	☐	☐	☐	☐
Timing | for example, key activities happened at the right time: work, play, communications, meetings, meals, travel, waking, sleeping, resting, other.	☐	☐	☐	☐
Rhythm | for example, my day had a natural rhythm for myself (wake, work, rest), with others (meet, leave), or with nature; things just felt synchronized.	☐	☐	☐	☐
Transcendence | for example, I paused or took time outside of time where I was not caught up in anything; I connected, relaxed, and let things unfold.	☐	☐	☐	☐
Interruption | for example, my day was filled with challenges, interruptions, or unforeseen events that took up my time in ways I had not planned.	☐	☐	☐	☐
Pacing | for example, my day had a relatively even or steady pace within events; things were well-paced (not too slow or fast) from event to event.	☐	☐	☐	☐

STEP 2

STEP 2) Bring Focus, Playfulness, and Learning to the Quality Review the pattern of responses above. Notice if any area differed from (was more or less frequent) than others. Or, which area can you intuitively feel, play with, or learn from in the coming day? In the table below, select one area you need to embrace more, deepen your understanding of, or use to have more enjoyment of your happening life.

☐ Routine	☐ Scheduling	☐ Transition	☐ Timing
☐ Rhythm	☐ Transcendence	☐ Interruption	☐ Pacing

STEP 3

STEP 3) Select an Affirmation
Review the affirmations below. Select one affirmation from the area you selected above. Write it down, send it in an email, text yourself, or post it on social media. Practice repeating that affirmation during your day.

Routine	My daily routines nourish my growth and well-being.	I embrace the ordinary and simple things in life.
Scheduling	My schedule dances gracefully with the rhythm of the day.	Schedulers and to-do lists are a playground for my best self.
Transition	I witness the wonder of transition from dawn to dusk.	My story, filled with transitions, teaches me how to love.
Timing	My day unfolds with a right time for everything.	The curious timing of events brings wonder to my life.
Rhythm	My day has a vital rhythm of rest, work, and spontaneity.	My relationships have their own nurturing rhythm.
Transcendence	My day holds treasures, always waiting to be discovered.	I am part of, and contribute to, deeply meaningful work.
Interruption	Interruptions are presents for my greater presence.	What was once a hassle is now a source of wisdom.
Pacing	I effortlessly pace daily activities with vitality and ease.	I always come back to balance, not too fast or too slow.

STEP 4

STEP 4) Return to Step 1 for the Following Day
Over time, notice if you recycle the same affirmation or move from one affirmation to another. Do you need to practice more acceptance, presence, flow, or attunement to synchronicities in your life? Share your affirmations and pattern of responses with others, and talk about your favorite affirmation. What are your challenges? Insights? Discoveries?

Table 2. Trajectory Ratings Outcomes

Trajectories	Mean (SD)	Correlation with Time Management			Correlation with Past Negative	
		Pre	Post		Pre	Post
Scheduling	3.00	.39	.45*		-.06	-.09
Timing	2.96	.45*	.47*		-.43*	-.40
Pacing	2.90	.25	.07		-.13	-.07
Rhythm	2.89	.45*	.53*		-.29	-.31
Transition	2.75	.08	.05		.15	.11
Routine	2.75	.41	.61**		-.27	-.45*
Transcendence	2.72	−.10	−.04		.06	.08
Interruption	2.07	.12	.26		.20	.06

Occupational Health Science
https://doi.org/10.1007/s41542-023-00148-w

ORIGINAL RESEARCH ARTICLE

The Role of Wellness Climate in Small Business Health Promotion and Employee Wellbeing

G. Shawn Reynolds[1] · Joel B. Bennett[1]

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Abstract

Wellness involves physical, emotional, behavioral, social, and spiritual dimensions. A climate for wellness exists at both the psychological and organizational levels, consisting of individual and shared perceptions of policies, structures, and managerial behavior that support or promote employee wellbeing. This study explored the associations between psychological and organizational wellness climate and the effectiveness of a team health promotion training on employees' perceived physical and mental wellbeing and substance use. Employees from 45 small businesses completed self-report measures of wellness climate, wellbeing, positive unwinding behavior, work-family conflict, job stress, drug use, and alcohol use, assessed before, and one and six months after, attending either of two types of onsite health promotion training. Team Awareness training targeted improvements in the social climate at work. Healthy Choices training targeted individual health behavior. A control group did not receive training until after the study. Businesses were randomly assigned to conditions and data were analyzed using multi-level modeling. Models that included wellness climate as a mediator fit the data significantly better than models without climate as a mediator. Team Awareness participants showed greater improvements in wellness climate and wellbeing compared to the control group. Healthy Choices participants showed no changes in climate and no mediation effects of climate. Health promotion efforts may be enhanced by including wellness climate as a target in program design at multiple levels.

Keywords Psychological climate · Organizational climate · Workplace health promotion · Alcohol · Drug use prevention · Employee wellbeing



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Pauchant T. , Bennett, J., Benefiel, M. et al. (2004), « Integrating spirituality at work: An interview with Ken Wilber », Journal of Management, Spirituality & Religion 1 : 113-131



LEVELS

Research on the human experience of time spans a wide range of levels

- Neural time scales in consciousness (Buccellato et al),
- Reaction times in psychophysics,
- Time perspectives in personal psychology (Zimbardo),
- The relationship of time management to life satisfaction (Aeon et al),
- Time disappearance in flow states and time dilation in near death experiences, and
- The role of time in transpersonal experiences.



- Human perception of time can also occur across different **time spans** (cf., Systema Psyches, Kent et al.).
- We can attend to, focus on, or contemplate the moment, the day, a phase of life, and the whole time of our life.
- Regarding the latter, the capacity for humans to shorten or focus their attention on these time spans also applies to how they construe their "self" over time (construal theory).
- A significant body of research: a **balanced time perspective** (a coherent, optimistic view of oneself across the past, present, and future) correlates with well-being, life satisfaction, wisdom, and self-transcendence (soulfulness).



Regarding research on transcendent experiences, significant growth in neurological analysis of correlates of various positive psychological states (e.g., awe, savoring, gratitude, effortlessness)-aesthetic emotions.

RECENT RESEARCH/FRAMEWORKS ON TIME EXPERIENCE (TEMPORAL CONTEXT)

MIND. Kent, L., Van Doorn, G. H, Badcock, P., & Klein, B. (2026). Systema psyches: A timescale framework for the hierarchical mind. Personality and Individual Differences; 250 (10.1016/j.paid.2025.113531)

MANAGEMENT. Blagoev, B., Hernes, T., Kunisch, S., & Schultz, M. (2024). Time as a research lens: A conceptual review and research agenda. *Journal of Management*, *50*(6), 2152-2196.

PHYSICS. Schooler, J. W., & Riddle, J. (2024). Three dimensions of time: An approach for reconciling the discrepancies between experienced time and modern physics. *Possibility Studies & Society*, *2*(3), 303-317.

COGNITION. Wang, X., Sheng, G., & Zhu, Y. (2026). Psychological effects of temporal landmarks: A meta-analysis of affective, cognitive, and self-regulatory processes. *Acta Psychologica*, *270*, 107747.



HERE AND NOW

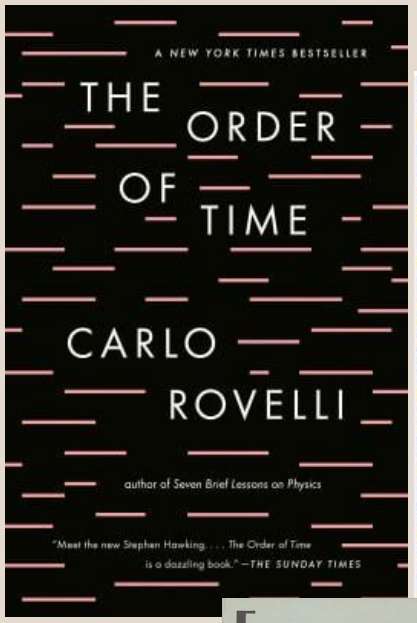

Empathic
Resonance
Routines
Flow
Savoring
Group
Synchrony
Rhythm
Entrainment
Conversational
Timing
Momentousness

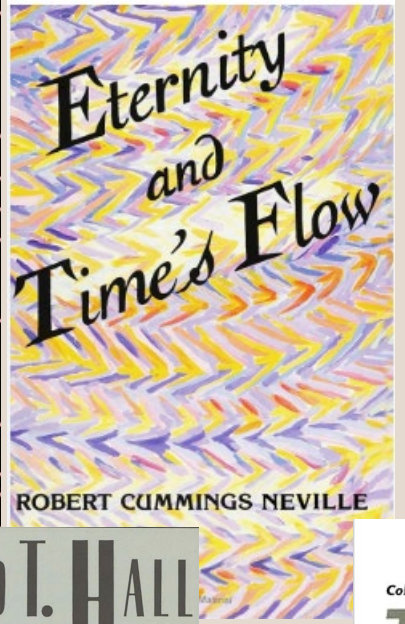
Presence Check-In # 2

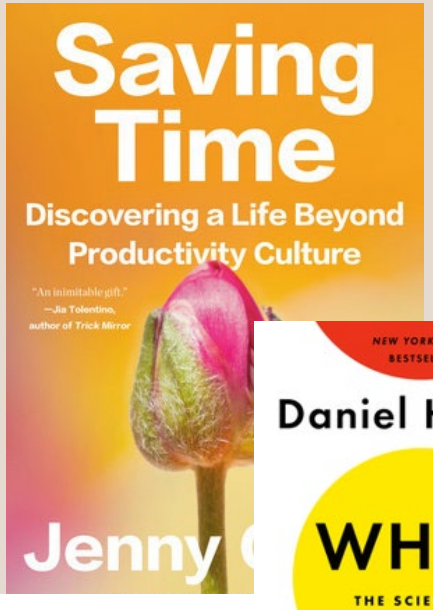




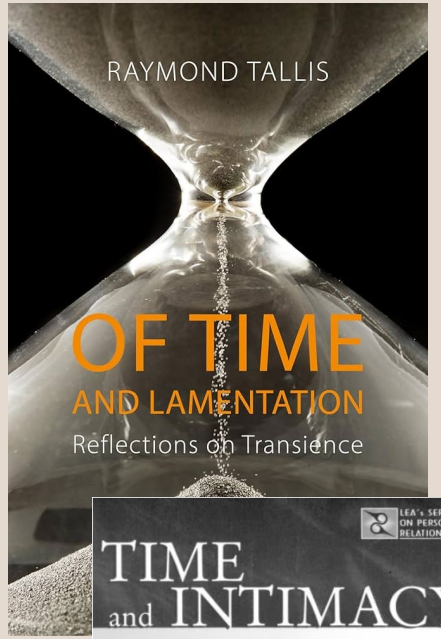
1 2 3 4 5 6 7 8 9 10


A NEW YORK TIMES BESTSELLER
THE ORDER OF TIME
CARLO ROVELLI
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"Meet the new Stephen Hawking. . . . The Order of Time is a dazzling book." —THE SUNDAY TIMES

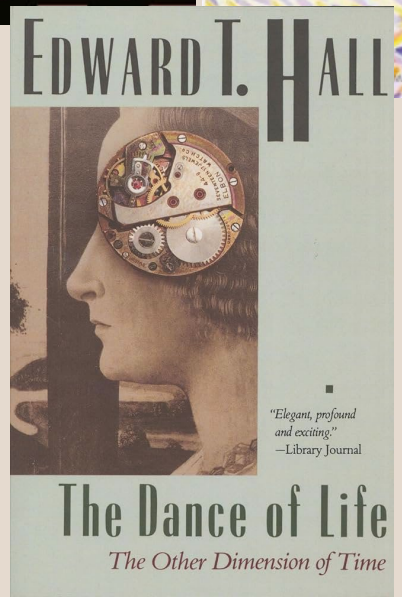

Eternity and Time's Flow
ROBERT CUMMINGS NEVILLE

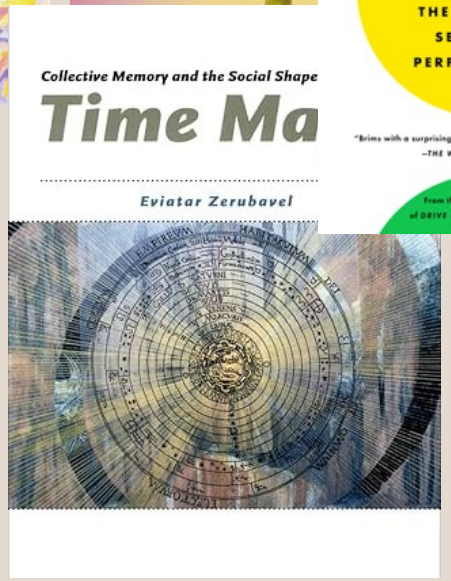

Saving Time
Discovering a Life Beyond Productivity Culture
"An inimitable gift."
—Jia Tolentino,
author of Trick Mirror
Jenny


BRIAN GREENE
author of The Elegant Universe
NTIL
E END
TIME


RAYMOND TALLIS
OF TIME
AND LAMENTATION
Reflections on Transience

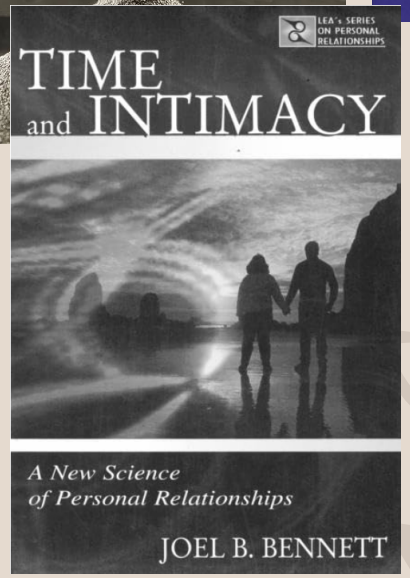

REMEMBER NOW BE HERE NOW HERE BE NOW BE HERE

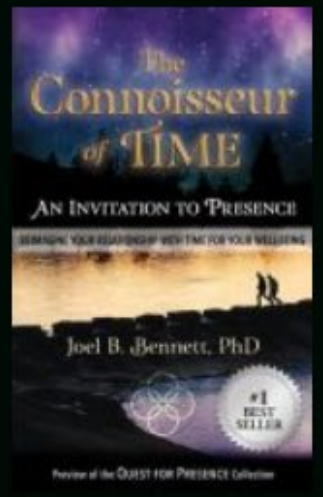

EDWARD T. HALL
"Elegant, profound and exciting."
—Library Journal
The Dance of Life
The Other Dimension of Time


Collective Memory and the Social Shape
Time Ma
Eviatar Zerubavel

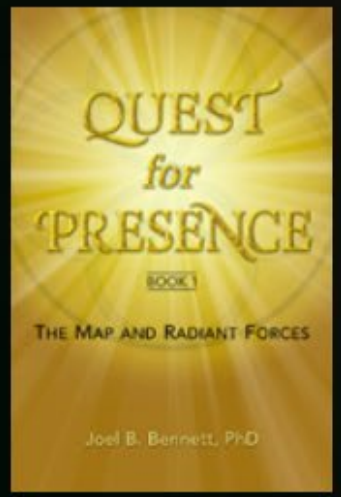

NEW YORK TIMES BESTSELLER
Daniel H. Pink
WHEN
THE SCIENTIFIC SECRETS OF PERFECT TIMING
"Brims with a surprising amount of insight and practical advice."
—THE WALL STREET JOURNAL
From the #1 bestselling author of DRIVE and A WHOLE NEW MIND


IME
AND THE
OUL
WHERE HAS ALL THE MEANINGFUL TIME GONE?
...AND HOW TO GET IT BACK
JACOB NEEDLEMAN

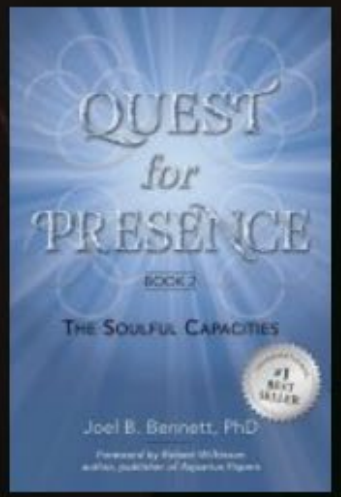

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TIME and INTIMACY
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JOEL B. BENNETT



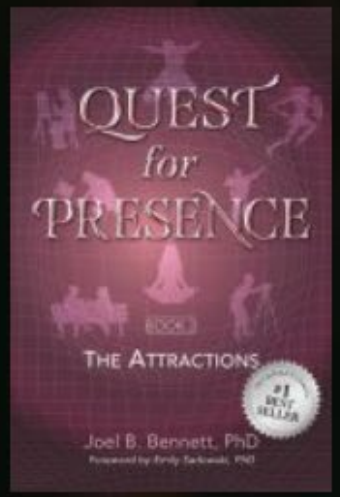
The Connoisseur of Time



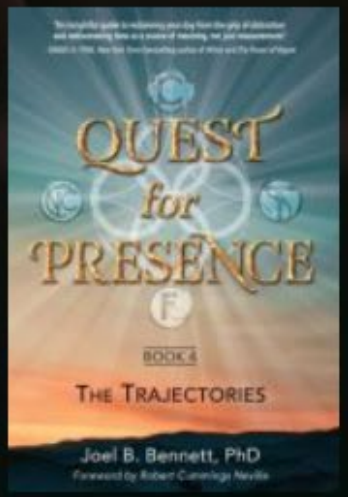
The Map and Radiant Forces



The Soulful Capacities



The Attractions



The Trajectories

BOOK 5
THE TREASURES AND DESTINY
FORTHCOMING SOON



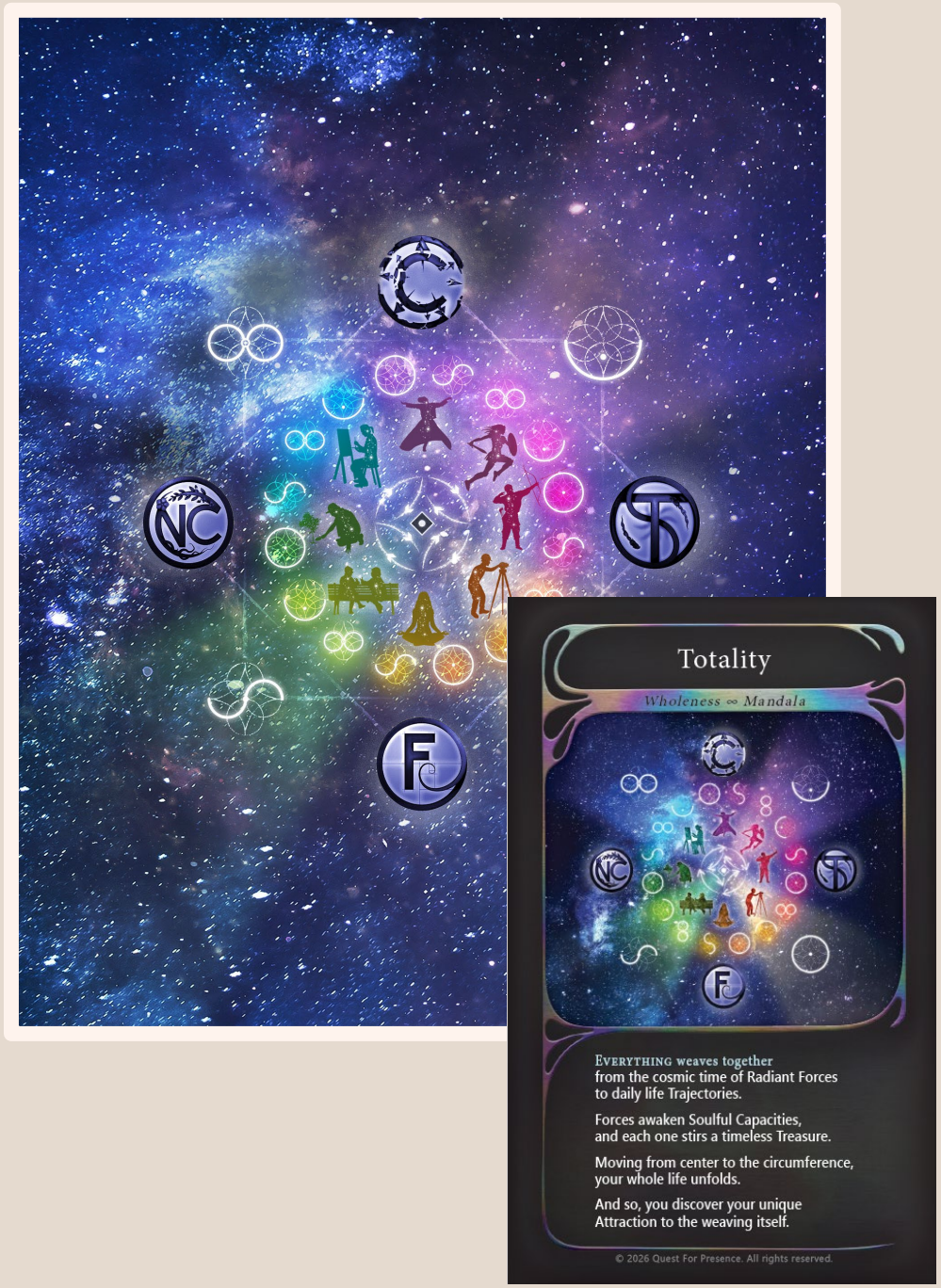
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Levels of Approach

- Mystical
- Metaphorical
- Psychological
- Literal
- Metrical



- Cosmological (Principles/Forces)
- Transpersonal (Soulful Capacities)
- Personality (Self Construal Over Whole-Time)
- Daily Life (Features of Experienced Time)
- Emotional States of Well-Being

Totality

Wholeness ∞ Mandala



EVERYTHING weaves together
from the cosmic time of Radiant Forces
to daily life Trajectories.

Forces awaken Soulful Capacities,
and each one stirs a timeless Treasure.

Moving from center to the circumference,
your whole life unfolds.

And so, you discover your unique
Attraction to the weaving itself.

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Unfolding

All Radiant Forces



ALL living Systems Act (TIME SHAPE)
to keep stability (FORM) while adjusting to
ongoing perturbations (CHAOS), optimal for
evolution (NURTURING CONDITIONS).

The corrective force of nature: You will bend
with change, hold your shape, and find those
conditions where growth begins again.

Behold one of the four Forces!
How is your life story unfolding
through the corrective force?

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Unfolding

All Radiant Forces



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The corrective force of nature: You will bend with change, hold your shape, and find those conditions where growth begins again.

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Chaos

Radiants



Everything is ending ⌖ Entropy

Entropy is the tendency for things to fall apart, to drift, to unravel. Experienced as decay, interruption, forgetting, losing structure. Spiritual traditions name it: Impermanence. A divided heart. Ignorance. Forgetfulness. Maya. Striving and losing balance.

How are you Present to what is ending, drifting apart, feeling chaotic? Find the treasure of Awe/Humility. Embrace the destiny of your Opening.

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Wisdom

All Soulful Capacities



It takes less energy to
accept the challenge, so you are fully
present to its details, notice the gift before
you—a **Synchronicity**, and laughing, **flow**
with the consequences.

The timeless gifts of wisdom:
a sense of humor, an open mind,
and this too shall pass...

Behold one of the four Soulful Capacities!
What gift of wisdom is it teaching you?

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Synchronicity

Soulful Capacities



There are no accidents ◈ Touch the light
of Nurturing Conditions

In Synchronicity, you catch the meaningful chance—
the Hap—of this happening life. Occasions are
coincidences inviting you into the mystery. The
moment is Momentous. The universe is speaking.
What you seek is seeking you. Serendipity. Kismet.

How are life events hiding
certain gifts for your intuition to find?
Repeat softly: All is Synchronicity.

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Transpersonal: Soulful Capacities

Destiny

All Attractions



YOUR FUTURE DOES not attract you.
It is your very being: coloring, fleshing out the details, giving you coordinates, and making you dance.

An inner potential realizes the forces, your distinct destiny. Time's wobbly bridge emerges as you walk on it.

Behold one of the nine Attractions!
How is your destiny calling you through it?

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Opening

Attractions



Embrace randomness
Dance in the midst of Chaos

The attraction of Opening calls you to embrace SPONTANEOUS qualities of time. Break open, broaden, stumble, wobble, and forever create anew. Time is a fractal with chaotic iteration. So, surf each wave, wavelet, and bubble.

I AM COMMITTED to opening up to the idea that my life is a chaotic process of being attracted to my essence.

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Self Construal: Attractions

Day Crafting

All Trajectories



Shooting stars, dashing fireflies,
The swoop of a handheld light wand.
Trajectories come, go, and fade.

Your day abides routines, interruptions, rhythms, timings, pacings, transitions, and even timelessness.

Study each arc, how they relate, their universal qualities, and the passing beauty of the day as a gift unto itself.

Behold one of the eight Trajectories!
What gift has it just left in your day?

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Timing

Trajectories



My day unfolds with a right time for everything
The present centers as it plays with the past and future. This is the auspicious moment (Kairos). All things flower and decay at the right time, whether we know it or not.

Nurturing Conditions attracted to Form

An opportunity arises just "when" it is time to turn again in my journey. No clocks needed.

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The Temple

All Treasures



THE CENTER IS your essence:
Empty and full at the same time. The circumference is how that essence meets life.

Behold, a treasure arises with every meeting.

This is the hidden secret of the mandala, the wheel of time.

The temp in the temple.

Behold a Treasure!
When will you experience it tomorrow?

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Preciousness

Treasures



Cherish the transitory moment; a rich affection for life.

When PRESENT to what is emerging (Yuán)

Do your shadows hide light?
possessive;
stuck; careless;
wasteful; clinging

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JOEL BENNETT, PHD, CWP

Morning Sessions 7:00 AM
Dockside Room

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BOOK 5 PREVIEW COMMENTARY
owls@organizationalwellness.com